

Unused FY22 Health Care FSA Funds

September 15, 2022 is the deadline to incur healthcare expenses for the FY22 (July 1, 2021-June 30, 2022) Flexible Spending Account (FSA) Plan Year. This means if you were a participant as of June 30, 2022 you still have time to spend those unused funds. The claim submission deadline for the FY22 FSA Plan Year is October 15, 2022.

There are thousands of qualifying healthcare expenses covered under the FSA plan. This includes medical, dental, vision, over-the-counter (OTC) healthcare products and prescriptions for you and your tax dependents. If you're not sure what to spend those remaining dollars on, here are some eligible OTC items to consider having on hand:

- Cold and flu medications
- Pain relievers
- Allergy relief medications
- Sunscreen and lip balm (SPF 15+ and broad spectrum)
- Tampons and other menstrual products
- Bandages, tape, gauze and pads
- Sleep aids
- Decongestants
- Antacids and acid reducers
- Contact lens solutions, cases and rewetting eye drops

For additional information on FSA eligible items, visit the [ASIFlex website](#).

National Immunization Awareness Month

August is National Immunization Awareness Month. It is important for people of all ages to be vaccinated against serious, sometimes deadly, diseases. You can learn more about National Immunization Awareness Month on the [Centers for Disease Control and Prevention \(CDC\)](#) website. Members of a State of Delaware non-Medicare health plan can also check out immunizations and other preventive services covered at 100% on the [Preventive Care](#) page.

Workplace Wellness

Focusing on your health and well-being is one of the most important things you and your family can do. The State of Delaware wants to assist by offering resources designed to improve your overall health and well-being. Recently, the State introduced the new Workplace Wellness Policy and Procedures for Executive Branch agencies which promotes healthy lifestyles. This includes exercising, healthy eating, tobacco cessation, and preventive care - as well as supporting employees' social and emotional wellness - including stress management and mental health. Below are some tools to assist you and your family:

- The [Workplace Wellness Policy and Procedures](#) provide guidance to Executive Branch agencies to establish and maintain workplace wellness initiatives.
- The [Workplace Wellness Toolkit](#) has best practices, tips, tools, and resources to begin offering workplace wellness initiatives at your agency.
- [ComPsych® GuidanceResources®](#) is a FREE Employee Assistance Program available exclusively for State of Delaware employees, non-Medicare pensioners and their dependents. The program offers someone to talk to and other work-life resources to consult whenever and wherever you need them.
- Aetna and Highmark Delaware offer discounts on gym memberships, nutritional recipes and Health Coaches that can assist you. Learn more on the [SBO website](#).
- Individuals enrolled in a State of Delaware non-Medicare health plan can view [Preventive Care](#) to help you stay well or find problems early when they are easier to treat.



Employee Spotlight?

"I enrolled in Livongo [Diabetes Monitoring Program] as soon as it became available, and I am very pleased with the program. Every time I take a reading, Livongo provides a healthy tip. My favorite feature, though, is their follow-up.

Besides a reading number, you are provided with a color code:

- *Green: Within range. Keep up the good work message.*
- *Yellow: Caution, lower or higher than it should be, with a message advising of the appropriate range.*
- *Red: Danger (too low or too high). A Livongo Rep will contact you to see if you are ok.*

Only one time did my number go in the red zone (too low). I was home alone at the time and was very pleased that they called to check on me. You can also set up the readings to automatically be shared with a family member or your physician's office."

~Therese L., Dept. of Human Resources

Did You Know?

Did you know that Highmark Delaware and Aetna offer more than just health coverage? The State Employee Benefits Committee (SEBC), along with the Statewide Benefits Office (SBO), work to provide our members with *high-quality health care that produces good outcomes at an affordable cost, promotes healthy lifestyles, and encourages you to be engaged consumers.* Whether you are trying to lose weight, quit smoking, manage a chronic condition, or save money, there are resources available to assist you. Here are some of the benefits available through Highmark Delaware and Aetna:

- 24/7 Nurse Line
- Healthy Lifestyle Coaching
- Discounts on gym memberships, eyeglasses, massage therapy and more
- Behavioral Health Assistance



To learn more about your health plan, visit the [SBO website](#), choose your group, and then select Highmark Delaware or Aetna.

Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Parenting Your Teen: Success in School - [August 4 @ 5:00 pm](#)
- Planning a Financial Future - [August 30 @ 12:00 pm](#)

ComPsych® GuidanceResources® is offering webinars that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. Click on the link below to register:

- Developing Grit – Strategies for Success in Work and Life - [Sept 7 @ 1:00 pm](#)
- Program Orientation for Supervisors - [Sept 12 @ 10:00 am](#)
- Program Orientation for Employees - [Sept 13 @ 10:00 am](#)

The Aetna and ComPsych® GuidanceResources® webinars above will be recorded and posted to the website if you are unable to attend.

Advisor Connection will be holding a Personal Finance Seminar on two different days. View the Advisor Connection [flyer](#) to learn more about the events and register for the date and time that works best for you.

Hidden Treasures: Go to the Diabetes Page on SBO's website and find the Diabetic Medications and Supplies Savings section. Send a tip on how to save money on diabetic prescriptions to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Patricia D. from Dept. of Justice!

Rainbow Yogurt Trifle Cups

Ingredients:

- 9 whole graham cracker sheets (yields about 1½ cups graham cracker crumbs)
- ¼ teaspoon vanilla extract
- 1 tablespoon coconut oil, melted
- 1 tablespoon honey
- ¾ cup orange pieces, segmented and membranes roughly peeled
- ¾ cup plain reduced-fat Greek yogurt
- ¾ cup blackberries
- ¾ cup plain reduced-fat Greek yogurt
- ½ teaspoon lemon juice
- ½ teaspoon honey
- ½ cup strawberries, halved
- ¾ cup plain reduced-fat Greek yogurt
- 1 whole kiwi, peeled and diced
- 1¼ cup small strawberries, diced
- 1 cup oranges, peeled and cut into ¼-inch pieces
- ¾ cup blackberries

For the full instructions click the link below.

[Recipe adapted from the Academy of Nutrition and Dietetics.](#)

